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The Compleat
GENTLEWOMAN and CHAMBER-MAID's

CLOSET

NEWLY OPENED.

Richly Stored

With many Choice Receipts in Physick and
Chirurgery. Also, Excellent Receipts for
the making of Beautifying Waters, Oyls,
Oyntments, and Pouders, to Adorn and add
Loveliness to the Face and Body of either Sex.

*Who e'er thou art, that has a Mind
To Search out Secrets, and to find
What's Needful for thy Health, then look*



*on farther in this Royal Book.
Ladies will find, (tho' ne'er so Fair)
What can, to Age, Beauty repair.*

LONDON, Printed for J. Blare, at the
Looking-Glass on London-Bridge.

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Together with Receipts for the making all sorts of
Beautifying Waters, Oyls, Oyntments and Pouders,
to Adorn and add Loveliness to the Face and Body.

The Compleat

GENTLEWOMAN and CHAMBER-MAID's

C L O S E T

NEWLY OPENED,

1. *For the SCURVY.*

TAKE half a peck of Sea-scurvy-grass, and as much Water-creffes, of Dwarf-Elder, Roman Wormwood, Red-Sage, Fumitory, Harts-Horn, and Liver-wort, of each one handful, wash the Water-creffes, and dry them well, the other Herbs must be rubb'd clean, and not washed, then add one Ounce of Horse-Raddish, and a good handful of Maddar-Roots, beat these with the Herbs, and strain the juice well out, for the last is best, then set it on a quick fire, and scum it clean; then let it stand till it be settled, and when it is cold, bottle it up, and keep it in a cold place. You must take four or five spoonfuls with one spoonful of Syrup of Lemons put into it, each Morning fasting, and fast one hour after it.

2. *For a Consumption.*

Take a pound and half of Pork, Fat and Lean, and boyl it in water, and put in some Oatmeal, and boyl it till the heart of the Meal be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the Patient

a draught in the Morning, Afternoon, and Evening, and now and then some Barley-water.

3. *To make green Oyntment.*

Take a pound of Swines Grease, one Ounce of Verdigrease, half a Scruple of Sal Gemmæ; this Oyntment may be kept forty Years, it is good against Cancers and Running Sores, it fretteth away dead flesh, and bringeth new, and healeth old Wounds, put it within the Wound that it fester not.

4. *To make Plague-water.*

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of Malmley or Muscadine, till one pint be wasted, then take it off the Fire, and strain the Wine from the Herbs, then put into the Wine two penny-worth of long Pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs, all grossly bruised, and let it boyl a little again. Then take it off the Fire and dissolve it in half an Ounce of good Venice-Treacle, and a quarter of an Ounce of Methridate, and put to it a quarter of a pint of strong Angelica-water; so keep it in a Glas close stopped, for your use. This water cureth Small-pox, Measles, Surfeits, and Pestilential Feavers.

5. *For the Dropsie.*

Take a gallon of White-wine, and put into it a handful of Roman Wormwood, and a good piece of Horse-Radish, and a good quantity of Broom-Ashes tyed in a Cloth, then take a good Bunch of Dwarf-Elder, beat it in a Mor-

ter and strain out the Juice, and put into the Wine when you will drink it, but if the Elder be dry, you must steep a good quantity in the Wine: Take of this half a pint Morning, and Evening.

6. *For Deafness.*

Take wild Mint, mortify it, and squeeze it in the Hand till it rendreth juice, then take it with its juice and put it into the Ear, change it often, this will help the Deafness, if the Person hath heard before.

7. *An excellent Remedy for Sore Eyes.*

Take a Gallon of pure running water, and Eight drams of white Copperas, and as much of fine white Salt, mix them together, and let it simmer half an hour over a slow fire, and then strain it for use.

8. *For the Green Sicknes.*

Take the Keys of an Ashen-tree dried and beaten to powder, and take of red Fennel, of red Sage, Marjoram, and Bettony, and seeth them in Running water, from a pottle to a quart then strain them, and drink thereof a good draught with Sugar, Morning and Evening Lukewarm.

9. *For the biting of a Mad Dog.*

Stamp large Plantain, and lay it to the griev'd place, and it will cure the Sore.

10. *To break an Imposthume.*

Take a Lilly-root and an Onion and boyl them in water, till they be soft, then stamp them, and Fry them with Swines grease, and lay it to the Imposthume as hot as the Patient may suffer it.

11. *For the Kings-Evil.*

Take two Ounces of the water of Broom-flowers

Distilled, and give it in the Morning to the Patient Fasting, and it will purge the Evil Humour downward, and wasteth, and healeth the Kernels without breaking them outwardly.

12. *For the Itch.*

Take the Juice of Penny-royal, the Juice of Savin, the Juice of Scabious, the Juice of Sage, the Juice of Pellitory, with some Barrows-grease and black Soap, temper all these together, and make a Salve for the Itch.

13. *For the Canker.*

Take a handful of unset Leeks, with the Roots, and a small quantity of Yarrow, and boyl them in White-wine, till they be all very soft, then strain and clarify them, and let the Patient drink thereof, Morning and Evening, blood warm.

14. *For a Sprain in the Back or any other Weakness.*

Take a quarter of a pint of good Muscadine, a Spoonful of Madder, incorporate them well together, then give it the Patient to drink for three Mornings together, and if need requireth, you may use it often in a day, this will strengthen the Back exceedingly.

15. *A true Receipt for making that Famous Cordial-Drink, known by the Name of Daffy's Elixir Salutis. As it was given by him to Sir Richard Ford, when Lord-Mayor of London.*

Take of Anniseeds, Coriander-seeds, sweet Fennel-seeds, Parsley-seeds, of each two Ounces, of Spanish Licorish two Ounces; Senna two Ounces; Rhubarb two Ounces; Elecampane two Ounces; Guaicum two Ounces; Sixpenniworth of Saffron; and one pound of Raisins of the Sun stoned: Mix
these

these all together, and put them into three quarts of the smallest Aqua-Vitæ, in a Stone or Glass Bottle; let it stand and infuse fourteen Days (at least, but the longer the better) near the Fire, that it may receive some warmth, for it will infuse the better and sooner: Then pour off your Liquor into a Vessel, and take your Drugs and press them as dry as you can, and put the Liquor you squeeze out to the other; and so Bottle it up for Use.

16. *An excellent Drink for the Scurvy.*

Take a pound of Garden Scurvy-grass, six handfuls of Worm-wood and Elder-tops, one Ounce of Carraway-seeds, and an Ounce of Nutmegs, put them altogether into six Gallons of new Ale, and let them work together, and after a convenient time of Working, drink of it every Morning fasting.

17. *A Receipt for the Gout, known to be very helpful.*

Take five or six black Snails, and cut off their heads, then put to them one penny-worth of Saffron, and beat them together, spread it on a woolly side of a piece of Sheers Leather, and apply it to the soles of the Feet, anointing the sore place with the Marrow of a Stone-horse.

18. *For Griping of the Guts.*

Take Anniseeds, Fennel, Bay-berries, Juniper-berries, Tormentil, Bistort, Balauſtins, Pomegraner-pills, of each one Ounce; Rose-leaves a handful, boyl them in Milk, strain it, and add the yolk of an Egg, six grains of Laudanum dissolved in the Spirit of Mint, prepare it for a Glister, and give it warm.

19. *A Sovereign Medicine for any ach or pain.*

Take Barrows-grease, a Lap-full of Arch-Angel-leaves, Flowers, Stalks and all, and put it into an Earthen-pot, and stop it close, and paste it, then put

it in a horse dung-hill Nine days in the latter end of *May*, and nine Days in the beginning of *June*, then take it forth, and strain it, and use it.

20. *For the Sciatica, and pains in the Joynts.*

Take Balm and Cinquefoil, but most of all Betsy, Nep, and Featherfew, stamp them and drink the Juice with Ale and Wine.

21. *For an ague.*

Take the Root of a blew Lilly, scrape it clean, and slice it, and lay it in soak all Night in Ale, and in the Morning stamp it and strain it, and give it the Patient Luke-warm to drink an hour before the fit cometh.

22. *For all Fevers and Agues in sucking Children.*

Take Pouder of Chrystal, steep it in Wine, and give it to the Nurse to drink, also take the Root of Devils-bit, with the Herb, and hang it about the Child's Neck.

A 23. *good Medicine to strengthen the Back.*

Take Comfrey, Knot-grass, and flowers of Arch-Angel, boyl them in a little Milk, and drink it off every Morning.

24. *For the Head-ach.*

Take Rose-Cakes, and stamp them very small in a Mortar with a little Ale, and let them be dried by Fire on a Tile sheard, and lay it to the Nape of the Neck to Bed-ward.

25. *For the Yellow-Jaundice.*

Take a great white Onion, and make a hole where the blade goeth out, to the bigness of a Chesnut, then fill the hole with Treacle being beaten with half an Ounce of English Honey, and a little Saffron, and set the Onion against the Fire, and Roast it well that it do not Burn, and when it is Roasted, strain

it through a Cloth and give the juice thereof to the sick three days together, and it shall help them.

26. For the black Jaundice.

Take Fennel, Sage, Parsley, Gromwel, of each much alike, and make Pottage thereof with a piece of good Pork, and eat no other meat that Day.

27. For the Cramp.

Take Oyl of Camomile, and Fenugreek, and anoint the place where the Cramp is, and it helpeth.

28. For an Ague.

Take a pottle of thin Ale, and put thereto a handful of Parsley, as much red Fennel, as much Centory, as much Pimpernel, and let the Ale be half consumed away, and then take and drink thereof.

29. To make the Countess of Kent's Powder.

Take of the Magestery of Pearls, of Crab's eyes prepared, Hartshorn, Magestery of white Coral, of Lapis contra Yarrow, of each a like quantity, to these pouders infused, cut of the black tops of the great Claws of the Crabs, the full weight of the rest: Beat these all into a fine Powder, and searce them through a fine Lawn Searce. To every Ounce of this Powder add a dram of Oriental Bezoar, make all these up in a lump or mass with Jelly of Hartshorn, and colour it with Safron, putting thereto a scruple of Amber-grease, and a little Musk finely poudred, and dry it in the Air, after they are made up into small quantities, you may give to a Man twenty Grains and to a Child twelve Grains. It is excellent against all malignant and pestilent Diseases, French Pox, Small Pox, Measles, Plague, Pestilence, Malignant, or Scarlet Fevers, and Melancholly: twenty or thirty Grains thereof being exhibited (in a little warm Sack, or Hartshorn Jelly)

to a Man, and half as much, or twelve Grains to a Child.

30. *For the falling Sickneſs, or Conuulſions.*

Take the dung of a Peacock, make it into Powder, and give ſo much of it to the Patient as will lye upon a Shilling; in a little Succory-water faſting.

31. *For the Pleuriſy.*

Take the round Balls of Horſe dung, and boyl them in a pint of White-wine till half be conſumed, then ſtrain it out, and ſweeten it with a little Sugar, let the Patient drink of this, and then lye warm.

32. *To prevent Miſcarrying.*

Take Venice-Turpentine, ſpread it on black brown Paper, the breadth and length of an Hand, and lay it to the ſmall of her Back, and let her drink a Caudle made of Muſcadine, putting into it the Huſks of about twenty Almonds dried, and finely powdered.

33. *For the Worms in Children.*

Take Wormſeed boyled in Beer and Ale, and ſweetned with Clarified Honey, and then let them drink it.

34. *A Medicine for an Ague.*

Take a quart of the beſt Ale, and boyl it to a pint, and let the Party lye down upon a Bed, and then let the Patient lye down upon the Bed, and be covered warm, when the fiſt fit grudges, and let a baſon be ready to vomit in.

35. *To procure Conception.*

Take of Syrup of Mother-wort, Syrup of Mugwort half an Ounce, of Spirit of Clary two drams; of the Root of Engliſh Snake-weed in fine Powder one dram, Pariſſain-feed, Nettle-feed, Rochet-feed, all in ſibtle Powder of each two drams: Candied

Nut-

Nutmegs, Eringo-Roots, Satyrion-Roots Preserved, Dates, Pistachoes, Conserve of Succory, of each 3 drams, Cinamon, Saffron in fine powder, of each a scruple, Conserve of Vervain, Pine Apple Kernels picked and pilled, of each two drams; stamp and work all these Ingredients in a Mortar, to an Electuary, then put it into Gally-pots, and keep it for use: Take of this Electuary the quantity of a good Nutmeg in a little Glass full of White-wine, in the Morning fasting, and at four a Clock in the Afternoon, and as much at Night going to Bed, but be sure do not use violent exercises.

36. For a sore Breast not broken.

Take Oyl of Roses, Bean Flower, the Yolk of an Egg, a little Vinegar, temper all these together, then set it before the Fire that it may be a little warm, then with a Feather strike it upon the Breast Morning and Evening, or any time of the day the finds it pricking.

37. To heal a Sore Breast when broken.

Boyl Lillies in new Milk, and lay it on to break it, and when it is broken, Tent it with a Mallow-stalk, and lay on it a plaister of Mallows boyled in Sheeps Tallow: These are to be used if you cannot keep it from breaking.

38. For the Tooth-Ach.

Take Featherfew and stamp it, and strain it, and drop a drop or two into the contrary Ear to the pain, and lye still half an hour after.

39. For the Wind.

Take the juice of red Fennel, and make a Posset of Ale therewith, and drink thereof.

40. For the Dropsie.

Take two Gallons of new Ale, then take Setwel,

Calamus Aromaticus, Galingale, of each two penny-worth, of Spikenard four penny-worth, stamp all together, and put them into a Bag, and hang it in the Vessel, and when it is four days old drink it Morning and Evening.

41. *For a Scald-Head.*

Wash thy Head with Vinegar and Camomile stampd and mingled together; there is no better help for the Scald, or grind white Hellebore with Swines grease and apply it to the Head.

42. *A precious Eye-water.*

Take of the best White wine half a pint, of white Rose-water as much; of the water of Celendine, Fennel, Eye-bright, and Rue, of each two Ounces, of prepared Tutia six Ounces, of Cloves, as much, sugar Rosate a dram, of Camphire and Albes, each half a dram; wash the Eyes therewith.

43. *For Rickets in Children.*

Take of Fennel-seeds and Dill-seeds, but most of the last, boyl them in Beer, and strain it, and sweeten it with Sugar, and let the Child drink often. Probatum.

44. *For the Shingles.*

Take the green leaves of Colts-foot stamped and mingle it with Honey, and apply it, and it will help.

45. *For a Woman in Travail.*

Take seven or eight leaves of Bettony, a pretty quantity of Germander, a branch or two of Penny-royal, three Marigolds, a branch or two of Hyssop, boyl them all in a pint of White-wine, or Ale, then put into it Sugar and saffron, and boyl it a quarter of an hour more, and give it to drink warm.

46. *To make a Woman be soon delivered, the Child being dead or alive.*

Take a good quantity of the best Amber, and beat

beat it exceeding small to powder; then scarce it through a fine piece of Lawn, and so drink it in some Broth or Caudle, and it will by God's help cause the Patient to be presently delivered.

47. *For Infants troubled with Wind and Phlegm.*

Give them a little pure Sugar-Candy finely bruised in Saxifrage-water, or Scabious-water, in a spoon well mingled together.

48. *For Agues in Children.*

Take a spoonful of good Oyl of Populeon, and put thereto two spoonfuls of good Oyl of Roles, mingle them well together, and then warm it before the Fire, anoint the Childs Joynts and Back, also his Forehead and temples twice a day Chafing, the Oyntment well in.

49. *To cause a young Child to go to Stool.*

Chafe the Childs Navel with May Butter before the fire, then take some black Wool and dip it in the Butter and lay it to the Navel, and it will procure a Stool; this is also good for one in years, that can take no other Medicine.

50. *For Worms in Children.*

Take of Myrrh and Aloes very finely powdered, of each a penny-worth, and put thereto a few drops of Chymical Oyl of Worm-wood or Savine, and a little Turpentine; make these up into a Plaister, and lay it to the Childs Navel.

51. *An excellent Salve.*

Take half a pound of Bees-wax, a pint of Sallet-Oyl, three ounces of Red-Lead, boyl all together in a new earthen Pipkin, keeping it stirring all the while till it grows of a darkish Colour, then keep it for use, or make Sear-Cloths of it while it is hot.

It is most approved against any Pain, Sore, Scald, Cut, Burn; to strengthen the Back, and remove any old Ach whatsoever.

52. *For the Bloody-Flux.*

Take a great Apple and cut out the Core, and put therein pure Virgins wax, then wet a paper and lap it therein, then rake it up in the Embers and let it roast till it be soft, then eat of it as your stomach will give leave.

53. *For a Rheumatick Cough, or Cold*

Take a pint of Hyssop-water, Syrup of Gilly-flowers, Syrup of Vinegar, Syrup of Maiden-hair, Syrup of Colts-foot of each an Ounce, mingle them all together, and drink it when you please,

54. *To kill a Fellon*

Take an Egg and roast it hard, and take out the Yolk thereof, then roast an Onion soft, and beat the Yolk and the Onion together, and lay it to the fore, and it will kill the Fellon.

55. *For the white Flux.*

Take the Pouder of the Flower of Pomegranates and drink it in Red-wine.

56. *For the red Flux.*

Take Sperma Ceti, and drink it and truss up your self with a piece of black Cotton.

57. *For the Cancer in Womens breast.*

Take the Dung of a Goose, and the juice of Celandine, and bray them well in a Mortar together, and lay it to the fore, and this will stay the Cancer, and heal it.

58. *For an Ague in the Breast.*

Take Grounſel, Dasy-leaves and roots, and course Wheat sift ed, make a Poultice thereof with the Parties own Water, and lay it warm to the Breast.

59. *For Bleeding at the Nose.*

Take Bettony and stamp it with as much Salt as you can hold betwixt your two fingers, and put it into your Nose.

60. *For spitting of Blood.*

Take Smallage, Rue, Mints, and Bettony, and boyl them Well in good Milk, and drink it warm.

61. *To staunch the bleeding of a Wound,
or at the Nose.*

There is no better thing than the Pouder of Bole-Armoniack, to staunch the bleeding of a Wound, the Pouder being laid upon it, or for the Nose, to be blown in with a Quill. Or take the shavings of Parchment, and lay it to the Wound, and it stauncheth and healeth.

62. *To make the Gascoin Pouder.*

Take of Pearls, white Amber, Harts-horn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs calcined, two ounces; to every ounce of this Pouder put in a dram of Oriental Bezoar, reduce them all into a very fine Pouder, and searce them then with Harts-horn Jelly and a little Saffron put therein, make it up into paste, and make therewith Lozenges, or Torchises for your use. Get your Crabs for this Pouder about May or in September before they be boyled, dry your Lozenges in the Air, not by fire nor Sun.

63. *For the Megrim, or Imposthume in the Head.*

Take four penny-weight of the Root of Pellitory of Spain, one farthing weight of Spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a spoonful of Honey, and a Saucer-full of Mustard, and mingle them well together, and hold thereof in you Mouth, a spoonful at once, and
use

use this eight or nine times, spitting it out continually.

64. *For Pain in the Ears.*

Take the juice of Wild Cucumber, and put it into the Ears, and it asswageth the pain. Also put the Wood of green Ash in the fire, and save the liquor that cometh out at the end, and put it into the Ears, it causeth the pain to cease, and amendeth the Hearing: Also beat the juice of Wormwood, and drop it into the Ears.

65. *A precious Water for the Eye-sight, made by K. Edward the sixth.*

Take Smallage, red Fennel, Rue, Vervain, Betony, Agrimony, Pimpernel, Eufrane, Sage Celandine of each a little quantity, first wash them clean, then stamp them, and put them in a Brazen pan, with the powder of fourteen or fifteen Pepper-corns, fair searced into a pint of good White-wine, put them into the Herbs with three spoonfuls of Honey, and five spoonfuls of the Water of a Man Child that is found; mingle all together and boyl them over the fire, and when it is boyled, strain it through a Cloth; and put it into a Glass, and stop it well and close till you use it, and when you need it, put a little thereof into the sore Eyes with a feather, but if it be dry, temper it with White-wine, and it profiteth much all manner of sore Eyes: This Water was used by K. Edward the sixth.

66. *My Lord Dennes Medicine for the Gout.*

Take Burdock-leaves and stalks, cut them small, and stamp them very small, then strain them, and cleafe them, and when you have so done, put them into Glasses, and put pure Oyl of Olives on the top of them, and stop it close from the Air, and when you would use it for the Gout, pour it into a porringer,

ringer, and warm it, and wet Linnen Cloaths in it and apply it warm to the grieved place; warming your Cloaths one after another as they grow cold that are on.

Beautifying Waters, Oyls, Oyntments, and Powders, to Adorn, and add Loveliness, to the Face and Body.

1. To make the Hair grow thick.

Make a strong Lye, then take a good quantity of Hyssop-Roots, and burn them to Ashes and mingle the Ashes and the Lye together, and therewith wash your Head, and it will make the Hair grow; also the Ashes of Froggs do encrease Hair, as also the Ashes of Goats-dung mingled with Oyl.

2. To take away Hair.

Take the juice of Fumitory, mix it with Gum-Arabick, then lay it on the place, the Hairs first plucked out by the Roots, and it will never permit any more Hair to grow on the place. Also anoint your Head with the juice of a Glo-worm stamped, and it hath the same Virtue.

3. For the falling of Hair.

Take the Ashes of Pidgeonsdung in Lye, and wash the Head therewith, also Walnut-leaves, beaten with Bears-suet, restoreth the Hair that is plucked away.

4. To make the Face Fair.

Take the flower of Beans and distil them, wash the Face with the Water.

5. For cleansing the Skin.

If the Face be washed with the Water that Rice is soden in, it cleanseth the Face, and taketh away Pimples.

7. *To make the Face look Youthful.*

Take two Ounces of Aqua-vitæ, Bean-flower-water, Rose-water, each four Ounces, Water of Water-Lillies six Ounces, mix them all, and add to them one Dram of the whitest Tragacanth, set it in the Sun six days, then strain it through a fine Linnen Cloth: Wash your Face with it in the Morning, and do not wipe it off.

8. *A Water to take away Wrinkles in the Face.*

Take of the Decoction of Briony and Figgs, each a like quantity, and wash the Face with it.

9. *An excellent Water called Lac Virginis, or Virgins Milk, to make the Face, Neck, or any part of the Body Fair and White.*

Take of Alumen Plumosy, half an Ounce, and also add thereto of Camphire one ounce, of Roch-Allom one ounce and a dram, Sal Gemmi half an ounce, of white Frankincense two ounces, Oyl of Tartar one ounce and a half, make all these into most fine Pouder, and mix it with one quart of Rose water, set it in the Sun, and let it stand nine days, often stirring it, then take Lethargy of Silver half a pound, beat it fine and searce it, then boyl it with one pint of White-wine-vinegar till one third be consumed, ever stirring it with a stick while it boyleth, then distil it by a Philter, or let it run through a Jelly bag, then keep it in a glass-vial, and when you will use those waters take a drop of the one, and a drop of the other in your hand, and it will be like milk, which is called *Lac Virginis*; wash your Face, or any part of your Body therewith, it is most precious for the same.

10. *To clear the Skin and make it White.*

Take fresh Boars-grease and the white of an Egg.

and stamp them together with a little Ponder of Bays, and therewith anoint the Skin, and it will clear the Visage and make it White.

11. *To take away Freckles in the Face.*

Anoint your Face with Oyl of Almonds, and drink Plantain-water, or anoint your Visage well and often with Hares Blood.

12. *Pock-holes in the Face to take away.*

For helping this Accident I have tryed many things, and the best means I have found, is to wash the Face one day with the distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallows have been boyled, and continue this twenty days or a Month together.

13. *For Pimples in the Face.*

Wash your Face with warm water when you go to Bed, and let it dry; then take the white of an Egg and put it into a Saucer, and set it upon a chafing-dish of coals, and put it into a peice of Allom; beat it together with a spoon till it become thick, then make a round Ball, and therewith anoint the Face where the Pimples are.

14. *For Morphem, or Scurf of the Face or Skin.*

Take of Brimstone beaten into Powder two ounces, mix it with as much black Soap that stinketh, and tye the same in a linnen cloth, and let it hang in a pint of strong Wine-vinegar, or Red-rose-vinegar, for the space of eight or nine days, and wash the Scurf, dipping the Cloth in the Vinegar, rubbing it therewith, and let it dry of it self.

15. *For Heat and swelling in the Face.*

Boyl the leaves or blossoms of Rosemary, either in White-wine, or fair water, and use to wash thy hands and face therewith, and it will preserve thee
from

from all such inconveniences, and also make both thy face and hands very smooth.

16. *For a red Face.*

Take Brimstone that is whole, and Cinamon, of either of them an even proportion by weight, beat them into small pender, and searce it through a fine Cloth upon a sheet of white Paper to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean clarified Capons greafe, and temper them well together till they be well mollified, and put to it a little Camphire to the quantity of a Bean, and so put the whole Confection in a Glass and use it.

17. *An Excellent Pomatum to clear the Skin.*

Wash Barrows-grease or lard oftentimes in *May* dew that hath been clarified in the Sun till it be exceeding white; then take Marsh-mallow-roots, scraping of the out-sides, make thin slices of them, and mix them, set them to macerate in a Balneo, and scum it well till it be clarified, and will come to rope, then strain it, and put now and then a spoonfull of *May*-dew therein, beating it till it be through cold in often change of *May*-dew, then throw away that dew, and put it in a glass, covering it with *May*-dew, and so keep it for your use.

18. *To take away Spots and Freckles from the Face and Hands.*

The Sap that issueth out of a Birch-Tree in great abundance, being opened in *March* or *April* and a Glass Receiver set under to receive it, is mighty great:

19. *To make the Teeth White and Sound.*

Take a quart of Honey, and as much Vinegar, and half a quart of White wine, boyl them together, and wash your Teeth therewith now and then.

20. *To make the Teeth as white as Ivory.*

Take Rosemary, Sage, and a little Allom and Honey, and boyl them together in fair Running-water, and when it is well boyled strain out the fair water, and keep it in a Glass, and use it sometimes to wash your Mouth and Teeth therewith, and it will make them clean.

21. *For a stinking Breath.*

Take two handfuls of Cummin, and stamp it to powder, and boyl it in Wine, and drink the Syrup thereof Morning and Evening for fifteen days, and it will help. *Proved.*

22. *To make Breath sweet.*

Wash your Mouth with the water that the shells of Citrons have been boyled in, and you will have a sweet breath.

23. *For Running in the Ears.*

Take the juice of Elder, and drop it into the Ear of the party grieved, and it cleanseth the matter and the Filth thereof.

24. *For Eyes that are Blood-shot.*

Take the Roots of red Fennel, stamp them, and wring out the juice, then temper it with Clarified Honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it will take away the Redness.

25. *To make the Hands white.*

Take the Flower of Beans, of Lupine, of starch Corn, Rice, Orice, of each Six Ounces, mix them and make a Powder, with which wash your Hands in water.

26. *For the Lips Chopt.*

Rub them with the Sweat behind your Ears, and this will make them smooth and well coloured.

27. *A*

27. *A Beauty-water for the Face, by Madam G.*

Take Lye that is not too strong, and put two peels of Oranges; and as much Citron-peel, Blossoms of Camomile, Bay-leaves, and Maiden-hair, of each a handful, of Agrimony, two or three ounces, of barleystraw chopt in pieces a handful, as much fenugreek, a pint of Vine-leaves, two or three handful or Broom-blossoms; put all these into the Lye, and mingle them together, and so wash the Head therewith, put to it a little Cinamon and Myrrh, let it stand, and wash your face therewith every evening. It is good to wash the Head, and to comfort the Brain and Memory.

28. *For Heat and Worms in the Hands.*

Bruise a little Chick-weed, and boyl it in running water, till half be wasted away, and wash your Hands in it as hot as you can suffer it, for the space of Six days, and it will drive away the Heat or Worms in the Hands.

29. *To make the Nails grow.*

Take Wheat-flower and mingle it with Honey, and lay it to the Nails, and it will help them.

30. *For Nails that fall off.*

Take pouders of Agrimony, and lay it on the place where the Nail was, and it will take away the aching and make the Nails grow.

31. *For Cloven Nails.*

Mingle Turpentine and wax together, and lay it on the Nail, as it groweth cut it, and it will heal.

32. *For Stench under the Arm-holes.*

First pluck away the Hairs of the Arm-holes, and wash them with White-wine and Rose-water, wherein you have first boyled *Cassia Lignum*, and use it three or four times.

33. *For the Yellow Jaundice.*

Take

Take the juice of Wormwood, and Sorrel, or else make them in Syrup, and drink it at Morning.

34. *To take away Warts from the hands or face.*

Take Purslain, and rub it on the Warts, and it maketh them fall away.

35. *To Curl the Hair.*

Take a quantity of Pine-Kernels burnt and beat to powder, mix them with Oyl of Myrtles, make an Oyntment therewith, and anoint the Head.

36. *To make the Hair black.*

Take the juice of red Poppy, the juice of Green Nuts, Oyl of Myrtles, oyl of Costomary, each one part, boyl it, and anoint the Hair therewith.

37. *A Wash used by the Venetian Ladies.*

Take of burnt Tartar half a pound, powder it and dry it as they do Salt, then take that Salt, and put it within the whites of Eggs, boyled.

38. *To make the Breasts small.*

Take of Roch-Allom powdered, and Oyl of Roses of each alike quantity, mix them together, and anoint the Breasts therewith.

39. *To starch Tiffanies or Lawns.*

You must Soap your Tiffany on the Hems or Laces only with brown Soap then wash them very well in 3 Lathers pretty hot, and let your last Lather be made thin of the Soap: don't rince them, nor wring them hard, then dry them over Brimstone, and keep them all the time from the Air, then make you starch, and blue it as you please, and to a quarter of a pound of Starch, put as much Allom as a Hasel-nut, boyl it well and strain it, and while it is hot, wet your Tiffanies with it well, and lay them in a Cloth to keep them from drying, then with your Hands clean and dry them; then hold your Tiffanies to a good

Fire till they be hot, then clap them and rub them between your hands, from the Fire till you see they be very clear. Then shape them by a piece of Paper cut out by the shape before they are washed, and Iron them with a good hot Iron, and then they will look Glossy like new Liffany. And so you also starch Lawns, only remember to Iron them upon a Cloth wetted and wrung out again, and turned on the wrong side, and instead of Starch, you may sometimes use Gum-Arabick in water; and when it is dissolved, wet the Lawns in that instead of Starch, and hold them to the Fire as aforesaid, clapping and rubbing them till they are very clear.

40. *To make clean Points, and Laces.*

Take new white-bread and pare off the Crust, then lay your Point upon a clean Cloth on the table, and rub the white-bread all over upon them, and afterwards rub it over again with a small clean brush, and the crumbs of bread, till you have rubb'd it very clean, then cleanse it from the bread and gently slap it over with a clean linnen Cloth.

41. *To get Ink-Spots out of Linnen.*

Lay it as soon as done, immediately in Urin, and there let it lye all Night and the next day wash it out again, so do it for two or three times.

42. *To take out Stains in Linnen, caused by Fruit.*

Take the Linnen so stained before it's wash't, and rub every spot well with Butter, then let it lye a while in Scalding hot Milk, and when it's cooled, rub the spotted places in the Milk till they are quite out, and then wash it out with water and Soap.

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